



Community Support Groups

Royal Burgh of Inverbervie

| Group | Offering | Contact/Link |
|--------------------------------|---|--|
| Bervie Church | Picking up shopping, collecting prescriptions, delivering books/dvds/etc, a friendly phone call, pastoral support, praying | Andrew – 07720 275028 Ken – 07777 686116 Facebook - Click here |
| What's On Inverbervie | Community Shop and Facebook Network for information | Click here |
| Bervie Food Bank | Food for those in need | Click here |
| Inverbervie Community Response | <p>Group page to organise community response to self-isolating residents of Inverbervie and the surrounding areas. In order to help minimise the impact and decrease the spread of the virus, this page can serve as a hub for willing members of the community to offer vital services. This can include:</p> <ul style="list-style-type: none"> - Picking up shopping (doorstep drop-offs) - Basic errands (prescription collections, post office etc.) - A friendly phone call to check in - Other services as required. | Click Here |

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| <p>Mearns and Coastal Healthy Living Network Have extended their coverage to the whole of K&M</p> | <ul style="list-style-type: none"> • Transport to healthcare appointments • Home Delivery shopping service • Prescription deliveries • Post Office collections and drop-offs • Friendly Call telephone service • Grass cutting and garden maintenance • Signposting and Information sharing. | <p>Click here</p> |
| <p>Kincardine and Deeside Befriending</p> | <p>We are an established befriending service over Kincardine, Mearns and Deeside continuing to support older people (over 55yrs) living at home who are experiencing social isolation and loneliness. At the moment we are offering regular telephone befriending calls from our volunteer befrienders to offer conversation and connection for older people feeling isolated.</p> | <p>Liz Treasure – Senior Coordinator liz.treasure@kdbefriending.org.uk 07952549974 or info@kdbefriending.org.uk</p> |

What a fantastic response from our communities. We are proud to be part of Kincardine and Mearns. Remember, help can also be accessed through the Grampian COVID19 Assistance Hub <http://www.gcah.org.uk/> or phone 0808 196 3384

KDP are unable to quality assure the activities listed so we remind you to take reasonable precautions when seeking assistance; for example, do not give anyone your payment card and PIN number or give cash to someone you do not know and trust without receiving goods. Stay safe